



Quick Gochujang Spiced Beef Noodles

with Green Beans & Sesame Seeds

NEW

Grab your meal kit with this number

35



Egg Noodles



Zucchini



Gochujang



Soy Sauce Mix



Trimmed Green Beans



Beef Mince



Sweet Soy Seasoning



Sesame Seeds



Chicken Breast



Beef Mince

Prep in: 10-20 mins
Ready in: 15-25 mins

Protein Rich

This Korean inspired noodle dish is brimming with heat, thanks to our new gochujang! When tossed through beef mince, egg noodles and some staple greens, you'll be craving this winner dinner weekly! We're salivating just thinking about it.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 packet	2 packets
zucchini	1	2
gochujang	2 packets	4 packets
soy sauce mix	1 packet	2 packets
water*	½ cup	¾ cup
trimmed green beans	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
sesame seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2786kJ (626cal)	626kJ (141cal)
Protein (g)	106.4g	23.9g
Fat, total (g)	23g	5.2g
- saturated (g)	7.3g	1.6g
Carbohydrate (g)	73.3g	16.5g
- sugars (g)	18.9g	4.2g
Sodium (mg)	2383mg	535.5mg
Dietary Fibre (g)	10.8g	2.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1



Cook the egg noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

3



Cook the beef & bring it all together

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **zucchini** and **trimmed green beans**, tossing, until just tender, **2-3 minutes**.
- Add **beef mince** and **sweet soy seasoning** and cook, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **cooked egg noodles** and **gochujang mixture**, tossing until well combined, **1 minute**. Season with **pepper**.

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.

2



Get prepped

- Meanwhile, thinly slice **zucchini** into half-moons.
- In a small bowl, combine **gochujang**, **soy sauce mix** and the **water**.

4



Serve up

- Divide gochujang spiced beef noodles between bowls.
- Garnish with **sesame seeds** to serve. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

